

April 7th, 2023

John Knight Twilight Schedule

Running Events- Check-in with Clerk 30 minutes prior to event start.

Friday (April 7th)

4:00 4x100 W – (8) RELAY CARDS AT THE CLERK

4:05 4x100 M – (8) RELAY CARDS AT THE CLERK

4:15 100 H

4:20 110 H

4:30 400 W

4:40 400

4:50 100 W

5:00 100 M

5:10 800 W

5:20 800 M

5:30 400 H W

5:40 400 H M

5:50 200 W

6:00 200 M

6:10 1,500 W

6:20 1,500 M

6:30 4x400 W – (8) RELAY CARDS AT THE CLERK

6:35 4x400 M – (8) RELAY CARDS AT THE CLERK

6:45 Steeple M (16)

7:00 Steeple W (16)

7:20 5,000 W (24)

7:40 5,000 M (24)

Field Events- Check in with the Event Official 45 minutes prior to event start, or after the conclusion of the proceeding event. Top 8 advance to finals in throws and horizontal jumps, 3/3. No more than 15 minutes between flights.

1:00 Hammer (Top 20 Entries) Men – **Women to follow**

To Follow Hammer (Est.) Discus Men – **Women to follow**

2:30 Pole Vault (Top 18 Entries) Women (starting height 2.90m) - **Men to follow** (starting height 3.90m)

3:15 Shot Put (Top 22 Entries) Men - **Women to follow**

3:15 Long Jump (Top 22 Entries) Men - **Men's Triple to follow**

3:30 Long Jump (Top 22 Entries) Women - **Women's Triple Jump to follow**

4:00 Javelin (Top 22 Entries) Women - **Men to follow**

4:45 High Jump (Top 20 Entries) Men (starting height 1.75m), **Women to follow** (starting height 1.51m)

Notes – Heats are ordered fastest to slowest. Flights ordered strongest second. Parking is free in the Stadium Lot. Results will be live on Athletic Timing (live.tf). Weigh-ins will begin at 11:30 AM. Implements must be weighed in 1 hour prior to event. Maximum event entries are shown in parentheses.